Local and National Resources

The American Diabetes Association (ADA) is the leading nonprofit health organization providing diabetes research, information, and advocacy. Their resources include:

Wizdom Kit for children who are newly diagnosed with diabetes http://www.diabetes.org/wizdom/index.shtml

"Diabetes Care Tasks at School: What Key Personnel Need to Know" Curriculum http://www.diabetes.org/schooltraining/

Education Recognition Programs http://www.diabetes.org/ education/eduprogram.asp

Resource Guide http://www.diabetes.org/
uedocuments/monitors-tables.pdf

For general information about diabetes, or to locate the office nearest you, call 1-888-DIABETES (342-2383) or visit their website at: http://www.diabetes.org.

ADA – Springfield Area 1944-A E Sunshine Springfield, MO 65804 (417) 890-8400

ADA – Joplin P.O. Box 4995 Joplin, MO 64802 (417) 624-8455

ADA – Mid-Missouri PO Box 1013 Columbia, MO 65205-1013 (573) 443-8611

ADA – Kansas City Area 10580 Barkley, Ste 400 Overland Park, KS 66202 (913) 383-8210

ADA – St Louis Area 10820 Sunset Office Dr, Ste 220 St Louis, MO 63127 (314) 822-5490 Newly diagnosed families can turn to the Juvenile Diabetes Research Foundation (JDRF) for valuable information on how to deal with their child's illness. JDRF offers a "Bag of Hope" for parents with children who are newly diagnosed with diabetes. For more information contact the office nearest you or visit their website at: http://www.jdrf.org

JDRF – Metro St Louis/Greater Missouri Chapter 225 S Meramec, Suite 400 St Louis, MO 63105 (314) 726-6778

JDRF – Kansas City Chapter 6701 West 64th Street, Suite 319 Shawnee Mission, KS 66202 (913) 831-7997

The Starbright Foundation is dedicated to the creation and distribution of programs that empower seriously ill children and teens to address the challenges that accompany prolonged illness. http://www.starbright.org/

Diabetes Educators provide valuable services to those who have diabetes. To locate a Certified Diabetes Educator within your area, go to the American Association of Diabetes Educators web site at: http://www.aadenet.org/
FindAnEduc/index.html.

Central Missouri Association of Diabetes Educators (573) 874-5285

Kansas City Regional Association of Diabetes Educators (913) 676-2495

St Louis Association of Diabetes Educators (314) 644-3880 http://slade-diabetes.org/

Children With Diabetes
http://www.childrenwithdiabetes.com/index_cwd.htm

Nutrition is a key in managing diabetes. To locate a registered dietitian near you, use the American Dietetic Association's web-tool "Find a Nutrition Professional" at http://www.eatright.org/Public/index_7684.cfm

or contact:

Missouri Dietetic Association PO Box 1225 101 E. High St, Ste 200 Jefferson City, MO 65102-1225 (573) 636-2822 http://www.eatrightmissouri.org

The American Dietetic Association also has various diabetes related materials for health professionals and consumers http://www.eatright.org/Public/ The Missouri Department of Health and Senior Services, Diabetes Prevention and Control Program has a web page that provides information on diabetes and links to numerous diabetes related web sites http://www.dhss.state.mo.us/diabetes

The Missouiri Department of Health and Senior Services, Division of Community Health has a nutrition website that has program materials, recipes, and tips you can directly download http://www.dhss.state.mo.us/ MissouriNutrition/

For more information on community health centers that provide sliding-scale fee services, contact:

Missouri Primary Care Association 3325 Emerald Lane Jefferson City, MO 65109 (573) 636-4222 http://www.mo-pca.org National Center for Chronic
Disease Prevention and Health
Promotion, Division of
Adolescent and School Health
(DASH), offers a good overview
of adolescent health issues and
major health risk behaviors
http://www.cdc.gov/nccdphp/dash

National Center for Chronic Disease Prevention and Health Promotion, Diabetes Public Health Resource http://www.cdc.gov/diabetes/index.htm

National Center for Education in Maternal and Child Health,
Maternal and Child Health
Library has a knowledge path about diabetes in children and adolescents
http://www.mchlibrary.info/KnowledgePaths/kp_diabetes.
html

The National Institute of Diabetes and Digestive and Kidney Diseases has guidelines on obesity and nutrition http://www.niddk.nih.gov/health/nutrition.htm

National Diabetes Education Program (NDEP)

"Helping the Student with Diabetes Succeed: A Guide for School Personnel" School Guide http://ndep.nih.gov/materials/ pubs/schoolguide.pdf

School Personnel Resource Web Page:

http://ndep.nih.gov/resources/school.htm

Carbohydrate Counts and Exchange Values for Fast-Foods http://diabetes.about.com/cs/ nutritiondiet/a/fast_food_guide. http://diabetes.about.com/cs/

"Carbohydrate Counting: As Easy as 1-2-3" Joslin Diabetes Center, Harvard University http://www.joslin.harvard.edu/education/library/wcarbsug.shtml

Bilingual information on diabetes and nutrition http://www.multiculturalhealth.org/

Children's Hospitals & Facilities

Ronald McDonald House Charities of Mid-Missouri 1001 E Stadium Blvd Columbia, MO 65201 (573) 443-7666 http://www.rmhc.missouri.org

Ronald McDonald House 3450 Park Avenue St Louis, MO 63104 (314) 773-1100 http://www.rmhcstl.com/

Ronald McDonald House 4381 W Pine Blvd St Louis, MO 63108 (314) 531-6601 http://www.rmhcstl.com/

Ronald McDonald House 2501 Cherry Street Kansas City, MO 64108 (816) 842-8321 http://www.rmhckc.org/

Ronald McDonald House 1901 Olathe Blvd Kansas City, KS 66103 (913) 384-5324 http://www.rmhckc.org/

Ronald McDonald House Family Room 2401 Gillham Rd Kansas City, MO 64108 (816) 234-1533 http://www.rmhckc.org/ Ronald McDonald House 949 E Primrose Street Springfield, MO 65807 (417) 886-0225

Ronald McDonald House 34th & Jackson Joplin, MO 64803 (417) 624-2273 http://www.rmhjoplin.org/mission.htm

Ronald McDonald House 1001 East Stadium Blvd Columbia, MO 65201 (573) 443-7666 http://www.rmhccolumbia.org/

St Louis Shriners Hospital 2001 S Lindbergh Blvd St Louis, MO 63131-3597 (314) 432-3600 http://www.shrinershq.org/shc/stlouis/index.html

Children's Hospital
University of Missouri Health Care
One Hospital Drive
Columbia, MO 65212
(573) 882-4141
http://www.hsc.missouri.edu/~children/

St Louis Children's Hospital One Children's Place St Louis, MO 63110 (314) 454-6000 http://www.stlouischildrens.org/ SSM Cardinal Glennon Children's Hospital
1465 S Grand Blvd
St Louis, MO 63104
(314) 577-5600
http://www.cardinalglennon.com/internet/home/net10hom.nsf

Children's Mercy Hospital 2401 Gillham Road Kansas City, MO 64108 (816) 234-3000 http://www.childrens-mercy.org/

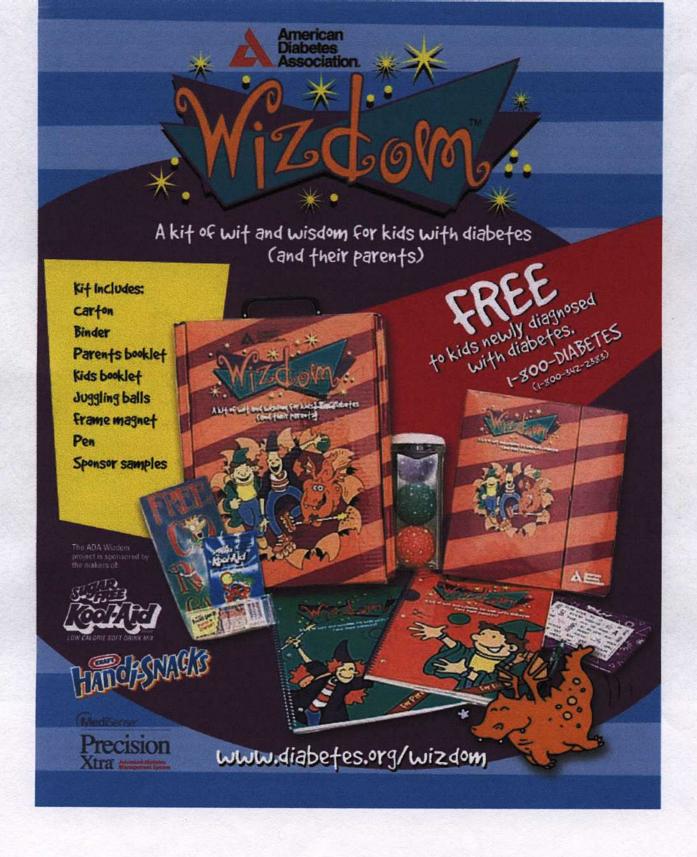
Children's Mercy South 5808 W 110th Street Overland Park, KS 66211 (913) 696-8000 http://www.childrens-mercy.org/

Children's Mercy South
Children's Mercy Occupational
Therapy and Physical Therapy,
Speech and Hearing and
Cardiology Clinics
5520 College Boulevard Building
Overland Park, KS 66211
(913) 696-8000
http://www.childrens-mercy.org/

Children's Mercy – Parallel Parkway 4517 Troup Kansas City, KS 66102 (913) 287-8800 http://www.childrens-mercy.org/ Children's Mercy
Penn Park Medical Building
2928 Main
Kansas City, MO 64108
Pediatric Care Center
(816) 234-3086
Adolescent Medicine Clinic
(816) 234-3050
http://www.childrens-mercy.org/

Children's Mercy – Paseo Clinic 4601 Paseo, Ste 200 Kansas City, MO 64100 (816) 234-3050 http://www.childrens-mercy.org/







dedicated to finding a cure

Missouri's families

From: The staff and volunteers of JDRF

Bag of Hope, Teen Pack, and Family Network Programs

First, JDRF applauds school nurses for their help. We are pleased to introduce the Juvenile Diabetes Research Foundation. Since 1970 JDRF has given over \$410 million to diabetes research and education about research. Research is the future for these families.

JDRF also offers immediate help to families through their free Bag of Hope, Teen Pack and Family Network Programs. The materials in these packages are given to each new family we meet. They have both educational and management tools to use during the life style changes they are experiencing. We ask you to give our contact information to families you meet so the families can receive these services. Thank you.

Other families who've experienced diabetes in their lives have created the materials for these programs. The bear in the Bag of Hope was created by a mom for her tiny child as a way of explaining the disease. By asking a child to care for his/her Rufus; it is easier for him/her to understand diabetes.

Two moms, both from Missouri, who recognized the empty hole in their initial training about how to help their child and how to easily explain the lows and highs to babysitters, teachers, and grandparents created the "You Are Not Alone" notebook. A mom from St. Louis wrote the children's books. This is how she learned to cope with the changes in her son's life. She found strength in helping others.

Teens receiving the Teen Pack find their newly designed backpacks "cool" Everyone appreciates the carb counting cards and cookbook.. It only takes a few minutes to realize how much can be learned from other's experiences.

The things in the Bag of Hope and the Teen Pack are from our hearts. Anytime a family needs JDRF services they can contact us. We find a mentoring family in their area. We also have support group meetings and events for families to get together and lean on each other.

Bayer Corporation, TheraSense, United Way of Greater St. Louis, Old Newsboy's and Boeing Corporation have financed the Bags of Hope and the Teen Packs. They willingly give toward this community education so the other funds JDRF raises can go directly into research for a cure.

For more information, to volunteer, or to receive a Bag of Hope or Teen Pack call our office.

Famous People With Diabetes

The following people deal with diabetes just like you do:

- Art Shell Eight-time All-Pro offensive tackle for the Oakland Raiders and later was the coach
- Wilfred Bremley Actor who has appeared in numerous TV and feature film movies including Cocoon, The China Syndrome and The Firm
- SMASH Radio broadcaster and musician (Saint Louis, MO)
- Kenny Duckett Football player who set a TD school record in his junior year at Wake Forest and went on to play in the NFL
- Chris Dudley NBA athlete who in 1999 grabbed his 5000th career rebound
- Curt Fraser Professional hockey player with the NHL and later went to coach
- Steve Redgrave Britain's greatest
 Olympian who won his fifth
 consecutive rowing gold medal
 at the Sydney Olympics in
 2000
- Jerry Mathers Actor who portrayed 'Beaver' Cleaver on the classic TV series Leave It To Beaver

- Patti LaBelle Started in a girl-group in the '60s, powered through rock and soul in the '70s with dance diva group LaBelle, and has gone onto solo superstardom
- Bret Michaels Lead singer and founding member of '80s hair band, Poison, who had multiple platinum-selling albums
- B.B. King Unarguably considered the King of the Blues and a legend in his own time
- Nicole Johnson Miss America 1999
- Gary Hall, Jr. Olympic gold medallist swimmer
- Kelli Keuhne Amateur golfer who has won several championships
- Charles Quincy Troope Currently serving his 11th term in the Missouri House of Representatives
- Jay Leeuwenburg Native Saint Louisian (Kirkwood High School Graduate) who has played 11 seasons in the NFL as an offensive lineman

- Bobby Clarke Hockey star with the NHL's Philadelphia Flyers, he won three MVP trophies
- Del Ennis Three-time All-Star outfielder
- Jonathon Hayes Considered one of the best blocking tight ends in his day, this Kansas City Chief played 12 seasons in the NFL
- Halle Berry Emmy-award winning actress and feature film star who became the first African-American actress to win the Best Actress Oscar for 2001's Monster's Ball
- Johnny Cash Country music legend that had more than 100 top 40 country hits plus a dozen pop hits
- Andrew Lloyd Webber One of the most successful composers ever, he wrote numerous musicals including Evita and Cats, the longest running musical ever
- Mick Fleetwood Drummer and founding member of '70s rock band, Fleetwood Mac
- Pump Girls Pop band made up of girls who wear insulin pumps, their goal is to help motivate teens to deal with their diabetes

- Luther Vandross Singer and master of '80s soul music
- Delta Burke Two-time Emmynominated actress for her work on the popular sitcom Designing Women
- Arthur Ashe One of the most prominent tennis players of his time and the first African-American to be ranked #1 in the world
- Billy Jean King Tennis great who in 1973 defeated Bobby Riggs in a 'Battle of the Sexes' match holding the record for most people attending a single tennis match at 30,427 and a TV audience of 90 million
- Fred Buttrell F-15 Eagle fighter pilot who flew sorties in Operation Desert Storm in the United States Air Force
- Mary Tyler Moore Star of the Mary
 Tyler Moore Show and
 numerous movies, she is
 currently the international
 chairman of the Juvenile
 Diabetes Research Foundation
- Dr. Alan Permutt Professor of
 Medicine and Professor of Cell
 Biology and Physiology at
 Washington Unversity School
 of Medicine

Types of Insulin

Product	Manufacturer	Form	Strength	
Basil Astin a face of less than 45 action (see				
Rapid Acting (onset less than 15 minu Humalog (insulin lispro)	Lilly	Human	U-100	
	Lilly	Human	U-100	
Humalog Cartridges (1.5 ml and 3 ml)	Novo Nordisk	1	U-100	
NovoLog (insulin aspart)		Human		
Humalog Prefilled Pen (3 ml, packets of 5)	Lilly	Human	U-100	
NovoLog PenFill (insulin aspart) (3 ml)	Novo Nordisk	Human	U-100	
NovoLog Mix 70/30*	Novo Nordisk	Human	U-100	
NovoLog Mix 70/30 Flex Pen* (3 ml)	Novo Nordisk	Human	U-100	
Short Acting (onset ½-2 hours)				
Humulin R (regular)	Lilly	Human	U-100, U-500	
Iletin II (regular)	Lilly	Pork	U-100	
Novolin R (regular)	Novo Nordisk	Human	U-100	
Novolin R PenFill (3 ml)	Novo Nordisk	Human	U-100	
Trovolm re Folia in (6 im)	Wal-Mart	Human	U-100	
ReliOn/Novolin R (regular)	Pharmaceuticals/	Haman	C 100	
Renom two tolling (regular)	Novo Nordisk			
	1101010101	l		
Intermediate Acting (onset 2-4 hours)				
Humulin L (lente)	Lilly	Human	U-100	
Humulin N (NPH)	Lilly	Human	U-100	
Iletin II NPH	Lilly	Pork	U-100	
Novolin L (lente)	Novo Nordisk	Human	U-100	
Novolin N (NPH)	Novo Nordisk	Human	U-100	
Novolin N PenFill (3 ml)	Novo Nordisk	Human	U-100	
Long Acting (25 hours)	T	1		
Humulin U (ultralente) (onset 4-6 hours)				
(24 hours/once per day)	Lilly	Human	U-100	
Lantus (insulin glargine) (onset 1.1 hours)	Aventis			
(24 hours/once per day)	Pharmaceuticals	Human	U-100	
Mixtures				
Humulin 50/50 (50% NPH, 50% regular)	Lilly	Human	U-100	
Humalog Mix 75/25	Lilly	Human	0-100	
(75% insulin lispro protamine suspension				
and 25% insulin lispro rDNA origin)	Lilly	Human	U-100	
	<u> </u>			
Novolin 70/30 (70% NPH, 30% regular)	Novo Nordisk	Human	U-100	
Novolin 70/30 PenFill (70% NPH, 30% regular; 3 ml)	Novo Nordisk	Human	U-100	
(1070 INFTI, 5070 Tegular, 5 IIII)	TNOVO INOPAISK		U-100	

^{*}Novolog Mix 70/30 is 70% insulin aspart protamine suspension and 30% insulin aspart injection.

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- Zitnay C. Exercise and pump use. *Today's Educator*. 2:1, 4-5, 2000.
- www.cdc.ca.gov/spbranch/sed/healthup/diabtcre.htm
 Diabetes in School, a learning module titled, *Pediatric Education for Diabetes in Schools*. This is a copyrighted-program, written by Mary Zombeck, school nurse, Orange County Department of Education. Includes forms, charts, treatment record sheets.
- www.childadvocate.net/pump/htm (Insulin Pump Therapy; sample agreement)

www.childrenwithdiabetes.com (Diabetes at school; The laws, schools, and your child with diabetes.)

www.diabetes.org/ada/scrights.asp (Your school and your rights.)

www.insulin-pumpers.org/pkids/letter01.html (About diabetes for the teachers and coaches of [child's name]). Edited and used with permission.

Source: Barbara B Bradley, MS, BSN, RN, CDE, Manager of Clinical Services, Anamis Corporation, Frazer, PA, 1-610-644-8990.

Glossary

Albumin - A protein found in blood plasma and urine. The presence of albumin in the urine can be a sign of kidney disease.

Autoimmune process - A process where the body's immune system attacks and destroys body tissue that it mistakes for foreign matter.

Beta cells - Cells that make insulin. Beta cells are found in areas of the pancreas called the islets of Langerhans.

Bladder - A hollow organ that urine drains into from the kidneys. From the bladder, urine leaves the body.

Blood glucose - The main sugar that the body makes from the food we eat. Glucose is carried through the bloodstream to provide energy to all of the body's living cells. The cells cannot use glucose without the help of insulin.

Blood pressure - The force of the blood against the artery walls. Two levels of blood pressure are measured: the highest, or systolic, occurs when the heart pumps blood into the blood vessels, and the lowest, or diastolic, occurs when the heart rests.

Blood sugar - See Blood glucose.

Calluses - Thick, hardened areas of the skin, generally on the foot, caused by friction or pressure. Calluses can lead to other problems, including serious infection and even gangrene.

Carbohydrate - One of the three main groups of foods in the diet that provide calories and energy. (Proteins and fats are the others.) Carbohydrates are mainly sugars (simple carbohydrates) and starches (complex carbohydrates, found in bread, pasta, beans) that the body breaks down into glucose.

Cholesterol - A substance similar to fat that is found in the blood, muscles, liver, brain, and other body tissues. The body produces and needs some cholesterol. However, too much cholesterol can make fats stick to the walls of the arteries and cause a disease that decreases or stops circulation.

Corns - A thickening of the skin of the feet or hands, usually caused by pressure against the skin.

Dawn phenomenon - A modest increase in blood glucose level in the predawn hours that corresponds with natural rise in counterregulatory hormones (cortisol, growth hormone, epinephrine) and insulin deficiency.

Diabetes - The short name for the disease called diabetes mellitus. Diabetes results when the body cannot use blood glucose as energy because of having too little insulin or being unable to use insulin. See also Type 1 diabetes, Type 2 diabetes, and Gestational diabetes.

Diabetes pills - Pills or capsules that are taken by mouth to help lower the blood glucose level. These pills may work for people who are still making insulin.

Diabetic eye disease - A disease of the small blood vessels of the retina of the eye in people with diabetes. In this disease, the vessels swell and leak liquids into the retina, blurring the vision and sometimes leading to blindness.

Diabetic ketoacidosis (DKA) - High blood glucose with the presence of ketones in the urine and bloodstream, often caused by taking too little insulin or during illness.

Diabetic kidney disease - Damage to the cells or blood vessels of the kidney.

Diabetic nerve damage - Damage to the nerves of a person with diabetes. Nerve damage may affect the feet and hands, as well as major organs.

Flu - An infection caused by the "influenza or flu" virus. See "Influenza".

Food exchanges - A way to help people stay on special food plans by letting them replace items from one food group with items from another group.

Gestational diabetes mellitus(GDM) - A type of diabetes that can occur in pregnant women who have not been known to have diabetes before. Although gestational diabetes usually subsides after pregnancy, many women who've had gestational diabetes develop Type 2 diabetes later in life

Gingivitis - A swelling and soreness of the gums that, without treatment, can cause serious gum problems and disease.

Glucagon - A hormone that raises the blood glucose level. When someone with diabetes has a very low blood glucose level, a glucagon injection can help raise the blood glucose quickly.

Glucose - A sugar in our blood and a source of energy for our bodies.

Heart attack - Damage to the heart muscle caused when the blood vessels supplying the muscle are blocked, such as when the blood vessels are clogged with fats (a condition sometimes called hardening of the arteries).

HDL (or high-density lipoprotein) - A combined protein and fatlike substance. Low in cholesterol, it ususally passes freely through the arteries. Sometimes called "good cholesterol".

Hemoglobin A1c (now referred to as A1c) - A test that sums up how much glucose has been sticking to part of the hemoglobin during the past 3-4 months. Hemoglobin is a substance in the red blood cells that supplies oxygen to the cells of the body. Indicates level of control of blood glucose longterm.

High blood glucose - A condition that occurs in people with diabetes when their blood glucose levels are too high. Symptoms including having to urinate often, being very thirsty, and losing weight.

High blood pressure - A condition where the blood circulates through the arteries with too much force. High blood pressure tires the heart, harms the arteries, and increases the risk of heart attack, stroke, and kidney problems.

Honeymoon period - Within weeks after diagnosis of type 1 diabetes, there may be some recovery of beta-cell function; consequently, exogenous insulin requirements often decrease for weeks to months.

Hormone - A chemical that special cells in the body release to help other cells work. For example, insulin is a hormone made in the pancreas to help the body use glucose as energy.

Hyperglycemia - See High blood glucose.

Hypertension - *See* High blood pressure.

Hypoglycemia - See Low blood glucose.

Immunization - Sometimes called vaccination; a shot or injection that protects a person from getting an illness by making the person "immune" to it.

Influenza - A contagious viral illness that strikes quickly and severely. Signs include high fever, cough, chills, body aches, congestion, runny nose, sore throat, and headache.

Inject - To force liquid into the body with a needle and syringe.

Insulin - A hormone that helps the body use blood glucose for energy. The beta cells of the pancreas make insulin. When people with diabetes can't make enough insulin, they may have to inject it from another source.

Insulin-dependent diabetes - *See* Type 1 diabetes

Ketonemia - An excess of ketone bodies in the blood.

Ketones - Chemical substances that the body makes when it doesn't have enough insulin in the blood. When ketones build up in the body for a long time, serious illness or coma can result.

Kidneys - Twin organs found in the lower part of the back. The kidneys purify the blood of all waste and harmful material. They also control the level of some helpful chemical substances in the blood.

Low blood glucose - A condition that occurs in people with diabetes when their blood glucose levels are too low. Symptoms include feeling anxious or confused, feeling numb in the arms and hands, and shaking or feeling dizzy.

LDL (or low-density lipoprotein) - A combined protein and fatlike substance. Rich in cholesterol, it tends to stick to the walls in the arteries. Sometimes called "bad cholesterol".

Meal plan - A guide to help people get the proper amount of calories, carbohydrates, proteins, and fats in their diet. See also Food exchanges.

Nephropathy - See Diabetic kidney disease.

Neuropathy - *See* Diabetic nerve damage.

Non-insulin-dependent diabetes. *See* Type 2 diabetes.

Pancreas - An organ in the body that makes insulin so that the body can use glucose for energy. The pancreas also makes enzymes that help the body digest food.

Periodontitis - A gum disease in which the gums shrink aways from the teeth. Without treatment, it can lead to tooth loss.

Plaque - A film of mucus that traps bacteria on the surface of the teeth. Plaque can be removed with daily brushing and flossing of teeth.

Retinopathy - See Diabetic eye disease.

Risk factors - Traits or behaviors that make it more likely that a person will get an illness. For example, a risk for getting Type 2 diabetes is having a family history of diabetes.

Self-monitoring blood glucose - A way for people with diabetes to find out how much glucose is in their blood. A drop of blood from the fingertip is placed on a special coated strip of paper that "reads" (often through an electronic meter) the amount of glucose in the blood

Stroke - Damage to a part of the brain that happens when the blood vessels supplying that part are blocked, such as when the blood vessels are clogged with fats (a condition sometimes called hardening of the arteries).

Support group - A group of people who share a similar problem or concern. The people in the group help one another by sharing experiences, knowledge, and information.

Type 1 diabetes - A condition in which the pancreas makes so little insulin that the body can't use blood glucose as energy. Type 1 diabetes most often occurs in people younger than age 30 and must be controlled with daily insulin injections.

Type 2 diabetes - A condition in which the body either makes too little insulin or can't use the insulin it makes to use blood glucose as energy. Type 2 diabetes most often occurs in people older than age 30 and can often be controlled through meal plans and physical activity plans. Some people with Type 2 diabetes have to take diabetes pills or insulin.

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